

Dancing with Parkinson's

This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome!

Fridays, 12:30-2 pm
January 8-March 18, 2016 (10 Weeks / no class Feb 19)

Centennial Performing Arts Studios
211 27th Avenue North in Centennial Park

FREE*
(sponsored by Friends of Metro Dance)

Register Now to Reserve your Spot!
dance.nashville.gov

For Information Contact:

Caryn Crenshaw, RN at APDA
Centennial Medical Center
Phone: 615-342-4635 or
Email: Apdaintn@aol.com

OR

Kelly Arney, MSSW at NPF
Center of Excellence at Vanderbilt
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ABOUT THE INSTRUCTOR:

Julia Marx holds a Master's Degree in Dance/Movement Therapy and has completed the teacher training workshop offered by Dance for PD®. She previously taught dance classes for individuals with Parkinson's Disease in Boston, MA before moving back home to Nashville.